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# **The Fast 800 Recipe Book Low Carb Mediterranean Style Recipes For Intermittent Fasting And Long Term Health By Dr Clare Bailey Justine Pattison**

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June 7th, 2020 - preheat the oven to 190 degrees celsius heat the oil in a frying pan add the onion and garlic and cook for 5 minutes or until the onion softens add the chopped tomatoes basil leaves and stock then bring to the boil reduce the heat and leave to simmer for 5 minutes stirring occasionally'

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**pressure inflammation and blood sugars'**

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**June 4th, 2020 - the original 5 2 had to be modified a bit as the eat normally on 5 days got taken a little too literally he also did an article maybe 2 years ago saying 800 cals on fast days and low carb sugar free the rest of the time was as effective as his original fast diet'**

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